



# All Saints Church in Wales Primary School

Ysgol Gynradd yr Holl Saint yr Eglwys yng Nghymru

**Friday 2<sup>nd</sup> May 2025**

## **Welcome Back – Summer Term Blessings**

Welcome back to the start of the summer term at All Saints C/W Primary School. We hope all our families enjoyed a peaceful and joyful Easter break, filled with time to rest, reflect, and celebrate the resurrection of Jesus Christ. As a Christian school, Easter remains one of the most special times in our calendar – a season of hope, renewal, and new beginnings. It has been a joy to welcome the children back and to see them settle so quickly, ready to embrace the term ahead.

This final term of the academic year is always a busy one, with many exciting learning opportunities, trips, celebrations, and moments to come together as a school community. We look forward to watching the children continue to grow academically, socially, and spiritually as they live out our school values each day.

As we enjoy the warmer weather, we ask all parents and carers to support us in keeping the children safe and comfortable in the sunshine. Please ensure your child comes to school each day with:

- **Sunscreen already applied** in the morning
- **A sun hat** to wear during outdoor play and learning
- **A refillable water bottle** to stay hydrated throughout the day



We are truly blessed to be part of such a supportive and caring school family. As always, thank you for your continued partnership in helping our children flourish.

## **Exciting News – Our New Sensory Garden and Playground Space!**

We are thrilled to announce that our brand-new Sensory Garden and Outdoor Reflection Space is now complete and ready for the children to enjoy! Thanks to generous funding received through a successful application to the National Lottery.

This new area will provide a calm, nurturing environment on the playground for all our children to enjoy—a space to explore nature, reflect quietly, or simply take a mindful moment during a busy school day. In keeping with our child-centred ethos, we are working closely with our pupils to gather their ideas on how best to use and enhance this space so that it truly reflects their needs and interests. We look forward to seeing this exciting project develop and to the positive impact it will have on the wellbeing of our school community.

*'As many hands build a house, so many hearts make a school.'  
'Mae angen dwylo niferus i adeiladu ty, felly mae angen sawl calon i greu Ysgol'*



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## Upcoming PTA Events – Mr Marvel!

We're thrilled to share details of two exciting PTA events happening this term, both featuring the brilliant **Mr Marvel!** These events promise to be full of fun and are a great way for children to enjoy time with friends after school.



### **Game Show Disco – Years 3 to 6**



Thursday 8th May | 3:40pm – 4:40pm



£3 per child – includes drink and crisps (payable on the door)



### **Magical Funshow – Nursery to Year 2**



Thursday 15th May | 3:40pm – 4:40pm



£3 per child – includes drink and crisps (payable on the door)



*Please note: all children attending this event must be accompanied by an adult.*

We would really appreciate any help from parents and carers at either event – particularly with entry and handing out drinks and crisps. This helps us get the children settled quickly so they can enjoy the entertainment. If you're able to help, please contact Lauren or Jo at: [Allsaintspspta@outlook.com](mailto:Allsaintspspta@outlook.com)



*Please see the attached poster for more information.*

Thank you for supporting our PTA and helping us create memorable experiences for our pupils!

## Dates for the Diary

**Monday 5<sup>th</sup> May – May Bank Holiday – school closed.**

Thursday 8<sup>th</sup> May - PTA Event - Mr Marvel

Monday 12<sup>th</sup> – Friday 16<sup>th</sup> May – Y6 Residential Visit

Wednesday 14<sup>th</sup> May - Y4 Beach Academy Day at Whitmore Bay.

Thursday 15<sup>th</sup> May - PTA Event - Mr Marvel

Wednesday 21<sup>st</sup> May - Rec / Y1 & Y2 watching The Worst Princess @ Barry Memo

Thursday 22<sup>nd</sup> May - Rec - Y6 Sports Day @ Jenner Park

Monday 26<sup>th</sup> – Friday 30<sup>th</sup> May – Half Term Holiday

Monday 2<sup>nd</sup> June - Start of Summer Term B.



'As many hands build a house, so many hearts make a school.'  
'Mae angen dwylo niferus i adeiladu ty, felly mae angen sawl calon i greu Ysgol'





**YOU'RE INVITED TO THE**

# **GAMESHOW DISCO**



**WE HOPE YOU CAN JOIN US FOR THE EPIC GAMSHOW DISCO  
JUST-DANCE BATTLES + INTERACTIVE GAMES  
YOU'VE GOT TO BE IN IT TO WIN IT!**

**£3 per child (including drink and crisps)**

**Thursday 8th May**

**340–440**

**Year 3, Year 4, Year 5, Year 6**

**[www.mrmarvellous.co.uk](http://www.mrmarvellous.co.uk)**





YOU'RE INVITED TO THE

# MR MARVEL MAGICAL FUN SHOW!



WE HOPE YOU CAN JOIN US FOR A SPECTACULAR MAGIC SHOW  
JAM PACKED WITH TRICKS, PUPPETS AND GUARANTEED GIGGLES!

£3 per child (including drink and crisps )

Thursday 15th May

3:40—4:40

Nursery, Reception, Year 1 & Year 2

[www.mrmarvellous.co.uk](http://www.mrmarvellous.co.uk)





### Keeping children's eyes healthy (Specsavers advice)

While its not possible for your child to stop using screens altogether- there are a few things you can do to help protect your child's eye health.

- To help set a reasonable limit you should think about the needs of your child and how much the use of screens seems to interrupt their other activities (Like social activities or sleep) Set a realistic screen time
- Follow the 20:20 rule- your child should look away from their screen every 20 minutes and look at something 20 feet away for at least 20 seconds. This will relax their eye muscles and help reduce the risk of digital eye strain
- Adjust their screen positioning- make sure all digital devices or screens are at the correct distance for your child. The screen should be slightly below their eye level as looking at screens widens their eyes and dries them out quicker
- Schedule some outside time- children should make the most of their outside breaks
- Stay Hydrated- water is important for every aspect of your health- and eye health isn't any different. Staying hydrated will help avoid dry eyes
- Establish media free times- to help reduce your child eye fatigue and remove fixation or reliance on digital services – establish 'screen free' time in the evenings. Parents need to lead by example
- Book annual eye exams- Its is recommended that children have their eyes tested every year to ensure their eyes remain healthy during this important developmental stage. This is a FREE service for all children

### Sunscreen and Sun Safety



Sunburn increases your risk of skin cancer. Sunburn does not just happen on holiday. You can burn in the UK, even when it is cloudy.

To protect children in the sun, make sure to:

- Encourage children to spend time in the shade between 11am and 3pm
- Never allow children to burn
- Ensure they are wearing suitable clothing and sunglasses
- Apply sunscreen 30 minutes before going out

Know your sunscreen! When buying sunscreen make sure to read the label. Ensure your sunscreen is at least a factor 30 to protect against UVB and has at least 4-star UVA protection.

**Did you know? Sunscreen has an expiry date, make sure to check this before applying.**

### 5 ways to keep your child safe this Summer



#### 1. Water Safety

Maintain consistent eye contact on kids in and around water, without distraction

#### 2. Child safety helmet

Make sure your child wears a properly fitted bike or multi sports helmet every time they ride

#### 3. Hydration

Encourage children to stay well hydrated by drinking plenty of water before during and after play

#### 4. Playground safety

Visit parks with impact absorbing material under equipment and actively supervise them while they play

#### 5. Hot cars

Never leave your child alone in a car, not even for a minute

# CARDIFF AND VALE UHB

## School Nursing Newsletter | Summer 2025



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board



### Sports libraries

#### Do you know about them?

Sports libraries are a great initiative to increase physical literacy for young people of all ages. It encourages young people to get outside more, improving concentration and memory, learning new skills, and increasing self-confidence.

Sports libraries allow members of the public to borrow sports equipment from the library such as,

- Table Tennis Sport Equipment
- Inclusive Multisport Equipment
- Boccia Sports Equipment
- Athletic Equipment
- Badminton Equipment
- Cricket Sports Equipment

They will be available at the following hubs,

- Fairwater
- Ely
- Grangetown
- STAR
- Llanrumney
- Powerhouse
- Rumney
- St Mellons

These items will be free to loan from the Hubs and libraries as long as they are a member of the library. It is quick and easy to sign up to the library if not.

Sports libraries | Cardiff Hubs : Cardiff Hubs

### parent line

If you're a parent or carer of a 5-11 Year Old

Text your school nurse on

**07312 263178**

For confidential advice and support



Available during  
school holidays

If your child is being electively home educated, please remember you can still access the school nursing service for support and advice on the contact numbers below.

### Useful Contacts

EAST Cardiff School Nursing Team	- 029 2183 3114
WEST Cardiff School Nursing Team	- 029 218 32204
VALE School Nursing Team	- 014 4670 4114



Nursio Ysgol | School Nursing  
BP Caerdydd a'r Fro | Cardiff & Vale UHB

### Social Media



ICAV\_SNTEAM